

Highlights of the 2003 Hawai‘i Youth Risk Behavior Surveys

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Summary

Results from the 2003 High School Hawai‘i Youth Risk Behavior Survey (HYRBS) show that, overall, lower percentages of Hawai‘i youth reported risky behaviors than did youth nationally. Also, results from the 1999, 2001, and 2003 HYRBS administrations show that Hawai‘i trends were notably more positive than negative at both the middle and high school levels.

There were six statistically significant differences between 2001 and 2003 on the Middle School HYRBS. The positive changes were in the areas of using seat belts, having property stolen or deliberately damaged on school property in the year preceding the survey, feeling unsafe at school or on their way to or from school in the 30 days preceding the survey, and ever using ecstasy. The negative changes were in students being taught about AIDS or HIV infection and talking about AIDS or HIV infection with their family.

Lower percentages of Hawai‘i high school students as compared to students nationally reported risky behaviors related to wearing seat belts, carrying weapons, fighting (physically), drinking alcohol, using drugs, and engaging in sexual activity. However, Hawai‘i high school students were more likely to seriously consider or attempt suicide. Lower percentages of sexually active Hawai‘i students reported using a condom during last sexual intercourse, eating five or more servings of fruits and vegetables, and drinking three or more glasses of milk per day than did high school youth nationally. Hawai‘i students were also less active than students nationally. However, a larger percentage reported that they were trying to lose weight and exercised to lose weight or keep from gaining weight.

Background of the Youth Risk Behavior Survey

The Youth Risk Behavior Survey (YRBS) was developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC), in collaboration with over 800 representatives from state and local health and education departments and other federal agencies, to monitor priority health-risk behaviors that contribute to the leading causes of mortality, morbidity, and social problems among youth and adults in the United States. There were 84

CDC-developed items in the 2003 Hawai‘i high school YRBS (referred to as high school HYRBS) covering (a) behaviors that result in unintentional and intentional injuries; (b) tobacco use; (c) alcohol and other drug use; (d) sexual behavior that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; (e) dietary behaviors; (f) physical activity; and 15 other Hawai‘i-specific items regarding students’ beliefs about school and themselves. The high school level YRBS has been conducted nationally since 1990 and in Hawai‘i since 1991, during the spring in odd-numbered years from 1991–1999 and during the fall in 2001 and 2003.

A similar survey was conducted of Hawai‘i middle and intermediate school students (referred to as middle school HYRBS) in odd-numbered years since 1997. The 2003 version contained 99 items, most of which mirrored items in the high school HYRBS. Eight questions regarding to whom students would go to get help with health-related problems and 15 questions regarding students’ beliefs about school and themselves were also included.

The results of these surveys, conducted in compliance with the requirements of the Hawai‘i State Department of Education’s (DOE) cooperative agreement with the Division of Adolescent and School Health, CDC, and largely funded by the Hawai‘i Department of Health Healthy Hawai‘i Initiative, will be used to (a) identify focus areas for curriculum development and teacher training, (b) identify focus areas for prevention and treatment efforts and resources, and (c) identify risk behaviors of Hawai‘i public school students in Grades 6–12.

Method

All regular secondary public schools other than charter schools were eligible to participate in the surveys. All classes in participating schools were randomly assigned to one of three health-related surveys, the Hawai‘i Youth Risk Behavior Survey being one of the three. The Hawai‘i Youth Tobacco Survey was one of the other surveys, and although tobacco-related items were part of the YRBS, all tobacco-related results will be reported in *Hawai‘i Youth Tobacco Survey Selected Indicators for Middle School and High School, 2003*. Written parental permission was required, and all students’ responses were anonymous.

The 2003 *Hawai‘i Middle School Youth Risk Behavior Survey* was completed by 7,709 students in 52 public, middle and intermediate school (Grades 6–8) hereafter referred to as middle school (96% of regular, public middle schools statewide). The response rate was 66%. As was the case in 1999 and 2001, the data from the middle school HYRBS administered during fall 2001 and 2003 were statistically weightable; thus, according to CDC, it is possible to make valid statewide (public middle schools only) comparisons among the results from the past three middle

school level HYRBS administrations, and the results are representative of all middle school students in Grades 6–8.

The 2003 *Hawai‘i High School Youth Risk Behavior Survey* was completed by 8,791 students in 43 public high schools (Grades 9–12), 98% of regular, public high schools statewide. The response rate was 53%. The 2003 high school HYRBS data were not statistically weightable according to CDC standards, and they did not provide confidence intervals for comparative analyses. The demographic characteristics of the sample are as follows:

Female	52.2%	9 th grade	27.1%
Male	47.8%	10 th grade	27.1%
		11 th grade	24.1%
		12 th grade	21.4%

For comparison purposes, results from the 2003 U.S. Youth Risk Behavior Surveillance System (YRBSS) are also provided. A three-stage cluster sample design was used to produce this nationally representative sample of students in Grades 9–12. There are no comparable national results for the middle school level. However, CDC plans to release results from other states that granted permission for their results to be published in 2005.

CDC recommended a statistical analysis that first creates 95% confidence intervals around the results on individual items for different groups. If the confidence intervals for the same item do not overlap, then the differences are regarded as statistically significant. It is important to note that such an analysis is a stringent one that generally produces a small number of statistically significant changes from year to year. The Hawai‘i data were also analyzed in terms of trends observed since 1999.

Results

Middle School Level

At the middle school level there were six statistically significant changes among the 43 possible comparisons for which confidence intervals were available for the 2001 and 2003 HYRBS. In 2003, a statistically significantly lower percentage of students reported the following four risky behaviors: (a) never or rarely wearing a seat belt when riding in a car (7.1% in 2003 vs. 10.7% in 2001), (b) having had property stolen or deliberately damaged on school property during the 12 months preceding the survey (35.1% in 2003 vs. 43.2% in 2001), (c) feeling unsafe at school or on their way to or from school during the 30 days preceding the survey (32.2% in 2003 vs. 37.7% in 2001), and (d) ever using ecstasy (2.0% in 2003 vs. 4.1% in 2001). The two

negative changes were the percentage of students who reported (a) being taught about AIDS or HIV infection in school (58.1% in 2003 vs. 71.7% in 2001) and (b) talking about AIDS or HIV infection with the parents or other adult family members (36.4% in 2003 vs. 44.6% in 2001).

The four-year trend of results from the middle school level HYRBS for which comparisons were possible (n=35) were positive for 16 items and negative for 2 items. A trend was considered to be positive if there was improvement (not necessarily statistically significant) across all four years. Likewise, a trend was considered to be negative if the results got worse each year. Areas where Hawai'i middle school students have continued to report lower percentages of risky behaviors were for (a) wearing a seat belt when riding in a car; (b) during the 30 days preceding the survey, carrying a weapon other than a gun and carrying a weapon on school property; (c) having had property stolen or deliberately damaged on school property during the 12 months preceding the survey; (d) feeling unsafe at school or on their way to or from school during the 30 days preceding the survey; (e) being in a physical fight and fighting on school property during the 12 months preceding the survey; (f) ever being physically forced to have sexual intercourse when they did not want to; (g) ever seriously thinking about killing themselves; (h) getting care from a health professional after a suicide attempt; (i) in the 30 days preceding the survey, drinking alcohol and having five or more drinks on one or more occasion; (j) in the 30 days preceding the survey, using marijuana, using marijuana on school property, and using inhalants to get high; and (k) being offered, sold, or given an illegal drug on school property during the 12 months preceding the survey. Being taught about AIDS or HIV infection in school and talking about AIDS or HIV infection with parents or other adult family members were the two items with negative trends. See Table 1 for the results of all 2003 items and comparable 1999 and 2001 middle school results and trends.

Statistically Significant Differences (2001 vs. 2003) Among Various Middle School Subgroups

For each item, confidence intervals were computed for 23 age-grade-gender subgroups (e.g., *males age 12 years* or *6th-grade females*). Of the 989 (43 risk items x 23 subgroup analyses per item) possible 2001–2003 risky behavior subgroup comparisons at the middle school level, there were statistically significant differences on 75; 30 (40%) were in the positive direction, 35 (47%) were in the negative direction (over half of these were related to the being

taught about or talking to family members about AIDS or HIV infection), and it was not clear if the result was positive or negative for 10 (13%) (see Table 2 for details).

High School Level

For 19 of 70 items (27.1%), the Hawai‘i trend was positive from 1997 to 2003, and Hawai‘i results were better than the national results. The areas were (a) seat belt use when riding in a car driven by someone else; (b) helmet usage when riding a bicycle; (c) driving a vehicle after drinking alcohol in the 30 days preceding the survey; (d) physical fighting in the 12 months preceding the survey; (e) alcohol consumption—ever, before age 13, during the 30 days preceding the survey, and five or more drinks in a row during the 30 days preceding the survey; (f) lifetime use of marijuana, cocaine, and methamphetamines; (g) use of marijuana, use of marijuana on school property, and use of cocaine during the 30 days preceding the survey; (h) ever having sexual intercourse and sexual intercourse before age 13; (i) use of alcohol or drugs before last sexual intercourse among sexually active (during the past three months) students; (j) being pregnant or getting some pregnant; and (k) at risk for becoming overweight.

For 7 of 70 items (10.0%), the Hawai‘i trend was negative, and the Hawai‘i 2003 results were worse than the national results: (a) students who reported being taught about AIDS or HIV infection in school; (b) sexually active (in the three months preceding the survey) high school students who used birth control pills; (c) students who ate fruit, potatoes, or other vegetables one or more times during the seven days preceding the survey; and (d) students who ate five or more servings of fruits and vegetables and those who drank three or more glasses of milk per day during the seven days preceding the survey.

The four-year trends of results of 70 items from the high school level HYRBS for which comparisons were possible were positive for 31 items (44.3%) and negative for 14 (20.0%). See Table 3 for details of the 2003 high school HYRBS results and comparable Hawai‘i 1999 and 2001 and U.S. 2003 results.

Table 1. 1999–2003 Hawai‘i Youth Risk Behavior Survey Public Middle Schools Results
(2003, *n* = 7,709; 2001, *n* = 1,495; 1999, *n* = 1,394) weighted data

Health risk behavior	2003 %	2001 %	2003 vs 2001	1999 %	Trend
Injury					
Never or rarely wore a seat belt when riding in a car	7.1	10.7	+ ^a	12.2	+
Bicycle riders who never or rarely wore a bicycle helmet	69.8	66.0	NA ^b	NA	NA
Never or rarely wore a helmet when rollerblading, skateboarding, or riding a scooter	70.0	74.1	NA	NA	NA
Rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol during the past 30 days	27.0	27.4		27.2	
Carried a gun on one or more of the past 30 days	6.0	5.0		8.9	
Carried any other weapon besides a gun, such as a knife, or club on one or more of the past 30 days	16.5	15.2		20.1	
Carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days	4.4	4.7		6.0	+
Had property stolen or deliberately damaged on school property one or more times during the past 12 months	35.1	43.2	+	58.2	+
Felt unsafe at school or on their way to or from school on one or more of the past 30 days	32.2	37.7	+	41.8	+
Did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school	5.7	7.0		4.3	
Were in a physical fight one or more times during the past 12 months	31.9	36.5		39.0	+
Were in a physical fight on school property one or more times during the past 12 months	16.4	17.1		20.3	+
Had been threatened or injured with a weapon on school property one or more times during the past 12 months	6.7	NA	NA	NA	NA
Were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months	6.2	5.3		7.1	
Had ever been physically forced to have sexual intercourse when they did not want to (1999: ever forced)	5.4	5.7		6.0	+
Ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	22.3	NA	NA	NA	NA
Had ever seriously thought about killing themselves	21.9	26.6		30.0	+
Had ever made a plan to kill themselves	13.7	15.6		14.8	
Had ever tried to kill themselves	10.4	11.2		11.1	
Made suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past 12 months	5.8	5.2		4.6	+

^a+: Hawai‘i 2003 result was statistically significantly better than Hawai‘i 2001 result.

^bNA: Not Available.

(table continues)

Table 1. (continued)

Health risk behavior	2003 %	2001 %	2003 vs 2001	1999 %	Trend
Alcohol and other drug use					
Had their first drink of alcohol other than a few sips before age 11	16.9	19.9		NA	NA
Had at least one drink of alcohol on one or more of the past 30 days	12.0	14.8		19.7	+
Had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days	4.6	6.5		8.0	+
Had at least one drink of alcohol on school property on one or more of the past 30 days	2.4	NA	NA	NA	NA
Tried marijuana for the first time before age 11	4.1	5.2		NA	NA
Used marijuana one or more times during the past 30 days	6.1	7.9		9.1	+
Used marijuana on school property one or more times during the past 30 days	2.1	2.7		3.4	+
Used any form of cocaine, including powder, crack, or freebase one or more times during their life	2.4	2.4		2.3	
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during the past 30 days	12.5	15.7		18.4	+
Took steroid pills or shots without a doctor's prescription one or more times during their life	2.2	2.7		2.6	
Used ecstasy one or more times during their life	2.0	4.1	+	NA	NA
Used methamphetamines one or more times during their life	3.1	2.8		3.2	
Used a needle to inject any illegal drug into their body one or more times during their life	1.8	2.7		1.8	
Were offered, sold, or given an illegal drug on school property by someone during the past 12 months	17.8	18.8		24.9	+
Sexual behavior					
Had ever been taught about AIDS or HIV infection in school	58.1	71.7	– ^c	85.7	–
Ever talked about AIDS or HIV infection with their parents or other adults family members	36.4	44.6	–	49.3	–
Had sexual intercourse	9.8	NA	NA	NA	NA
Had sexual intercourse for the first time before age 11	3.2	4.2		NA	NA
Had sexual intercourse with four or more people during their life	2.3	2.5		NA	NA
Had been pregnant or gotten someone pregnant one or more times	1.3	NA	NA	NA	NA
Of students who had sexual intercourse during the past three months, drank alcohol or used drugs before last sexual intercourse	2.6	2.8		2.6	
Of students who had sexual intercourse during the past three months, used a condom during last sexual intercourse	4.5	3.1	NA	NA	NA
Of those who had sexual intercourse, used a condom during last sexual intercourse	58.2	NA	NA	NA	NA
Of students who had sexual intercourse during the past three months, used birth control pills during last sexual intercourse	0.9	0.9		NA	NA

^c–: Hawai'i 2003 result was statistically significantly worse than Hawai'i 2001 result.

(table continues)

Table 1. (continued)

Health risk behavior	2003 %	2001 %	2003 vs 2001	1999 %	Trend
Dietary Behavior					
Were trying to lose weight	48.5	49.3		46.7	
Exercised to lose weight or to keep from gaining weight during the past 30 days	63.2	62.3		64.5	
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days	39.0	37.3		38.6	
Took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days	4.9	5.5		5.8	+
Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days	12.7	NA	NA	NA	NA
Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	5.1	NA	NA	5.0	NA
Ate fruit one or more times during the past seven days	84.6	NA	NA	NA	NA
Drank 100% fruit juice one or more times during the past seven days	72.5	NA	NA	NA	NA
Ate green salad one or more times during the past seven days	61.4	NA	NA	NA	NA
Ate potatoes one or more times during the past seven days	51.8	NA	NA	NA	NA
Ate carrots one or more times during the past seven days	53.9	NA	NA	NA	NA
Ate other vegetables one or more times during the past seven days	76.1	NA	NA	NA	NA
Drank three or more glasses of milk per day during the past seven days	15.5	NA	NA	NA	NA
Drank soda one or more times during the past seven days	84.8	NA	NA	NA	NA
Physical activity					
Exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days	62.2	58.5		66.0	
Participated in physical activities that did not make them sweat or breathe hard for at least 30 minutes on five or more of the past seven days	33.4	NA	NA	NA	NA
Did exercises to strengthen or tone their muscles on three or more of the past seven days	45.8	NA	NA	NA	NA
Watched three or more hours of TV per day on an average school day	43.3	NA	NA	NA	NA
Belief about school and self					
Received grades of mostly D's and F's during the past 12 months	6.1	6.6		NA	NA
Took care of themselves - no adult present - on most afternoons after school	8.4	9.0		11.5	+

(table continues)

Table 1. (continued)

Health risk behavior	2003 %	2001 %	2003 vs 2001	1999 %	Trend
Belief about school and self (continued)					
Parent/guardian asks them if they have gotten their homework done	91.9	NA	NA	NA	NA
Parent/guardian knows where they are and who they are with when they are not at home	88.7	NA	NA	NA	NA
Parent/guardian wants them to call if they are going to be late getting home	89.0	NA	NA	NA	NA
Rules in their family are clear	89.4	NA	NA	NA	NA
Family has clear rules about alcohol and drug use	91.4	NA	NA	NA	NA
Share their thoughts and feelings with their family	59.5	NA	NA	NA	NA
Enjoy spending time with their family	86.8	NA	NA	NA	NA
Felt that the school work they were assigned was almost always meaningful and important in the past year	24.0	NA	NA	NA	NA
Almost always enjoyed being in school in the past year	24.8	NA	NA	NA	NA
Almost always hated being in school in the past year	12.1	NA	NA	NA	NA
Almost always tried to do their best in school in the past year	46.3	NA	NA	NA	NA
Most of their classes are very interesting to them	17.6	NA	NA	NA	NA
Think the things they are learning in school are going to be very important for them later in life	56.2	NA	NA	NA	NA
There is at least one teacher in their school that they can go to if they have a problem	74.7	NA	NA	NA	NA
Would turn to a teacher/counselor/school health service center/school health room first if they had a relationship problem with someone in their family	7.2	4.1	NA	7.4	NA
Would turn to a teacher/counselor/school health service center/school health room first if they were feeling sad or depressed	5.2	3.0	NA	3.2	NA
Would turn to a teacher/counselor/school health service center/school health room first if they needed birth control information	5.9	3.9	NA	8.2	NA
Would turn to a teacher/counselor/school health service center/school health room first if they were pregnant or had gotten someone pregnant	5.4	4.4	NA	7.7	NA
Would turn to a teacher/counselor/school health service center/school health room first if they were feeling angry or out of control	8.2	5.5	NA	5.6	NA
Would turn to a teacher/counselor/school health service center/school health room first if they were being sexually or physically abused	10.4	8.6	NA	10.1	NA
Would turn to a teacher/counselor/school health service center/school health room first if they had an alcohol or drug use problem	8.5	7.9	NA	11.3	NA
Would turn to a teacher/counselor/school health service center/school health room first if they had a relationship problem with a boyfriend or girlfriend	4.7	2.9	NA	4.9	NA

Table 3. 1999–2003 Hawai‘i Youth Risk Behavior Survey Public High Schools Results
(2003, *n*=8,791; 2001, *n*=6,893; 1999, *n*=1,248) Compared to 2003 U.S. Results (*n*=15,214)

Health risk behavior	U.S.	Hawai‘i			
	'03 %	'03 %	'01 %	'99 %	Trend
Injury					
Never or rarely wore a seat belt when riding in a car driven by someone else	18.2	6.7	8.6	10.6	+ ^a
Motorcycle riders who never or rarely wore a motorcycle helmet during the past 12 months	NA ^b	50.9	55.7	64.5	+
Bicycle riders who never or rarely wore a bicycle helmet during the past 12 months	85.9	83.2	86.9	89.5	+
Rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol during the past 30 days	30.2	32.4	33.8	38.3	+
Drove a car or other vehicle one or more times when they had been drinking alcohol during the past 30 days	12.1	8.5	10.4	14.5	+
Carried a weapon such as a gun, knife, or club on one or more of the past 30 days	17.1	11.7	10.1	13.7	
Carried a gun on one or more of the past 30 days	6.1	3.7	3.4	4.2	
Carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days	6.1	4.7	4.6	6.0	
Did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school	5.4	6.6	7.0	11.4	+
Had been threatened or injured with a weapon on school property one or more times during the past 12 months	9.2	6.1	5.9	6.7	
Had property stolen or deliberately damaged on school property one or more times during the past 12 months	NA	28.6	NA	NA	NA
Were in a physical fight one or more times during the past 12 months	33.0	26.0	27.2	30.6	+
Were in a physical fight on school property one or more times during the past 12 months	12.8	9.8	9.8	11.5	
Were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months	8.9	10.2	11.1	7.9	
Had ever been physically forced to have sexual intercourse when they did not want to (1999: ever forced)	9.0	8.7	8.9	8.3	

^a+: Results have improved across all three survey administrations.

^bNA: Not Available.

(table continues)

Table 3. (continued)

Health risk behavior	U.S.	Hawai'i			
	'03 %	'03 %	'01 %	'99 %	Trend
Injury (continued)					
Ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	28.6	28.8	29.3	31.8	+
Seriously considered attempting suicide during the past 12 months	16.9	18.7	20.5	23.3	+
Made a plan about how they would attempt suicide during the past 12 months	16.5	17.0	17.3	18.5	+
Actually attempted suicide one or more times during the past 12 months	8.5	11.7	15.5	10.1	
Made suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past 12 months	2.9	3.8	3.6	3.7	
Alcohol and other drug use					
Had at least one drink of alcohol on one or more days during their life	74.9	62.8	68.8	76.4	+
Had their first drink of alcohol other than a few sips before age 13	27.8	25.7	28.3	33.6	+
Had at least one drink of alcohol on one or more of the past 30 days	44.9	32.2	36.2	44.6	+
Had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days	28.3	17.6	20.3	26.8	+
Had at least one drink of alcohol on school property on one or more of the past 30 days	5.2	5.4	6.4	7.7	+
Used marijuana one or more times during their life	40.2	33.8	38.9	44.6	+
Tried marijuana for the first time before age 13	9.9	11.3	13.0	14.8	+
Used marijuana one or more times during the past 30 days	22.4	16.6	20.9	24.7	+
Used marijuana on school property one or more times during the past 30 days	5.8	5.7	7.7	9.3	+
Used any form of cocaine, including powder, crack, or freebase one or more times during their life	8.7	5.6	6.7	7.8	+
Used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days	4.1	2.5	3.0	3.3	+
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during the past 30 days	3.9	5.8	12.0	3.9	
Used heroin one or more times during their life	3.3	2.5	2.7	2.3	

(table continues)

Table 3. (continued)

Health risk behavior	U.S.	Hawai'i			
	'03 %	'03 %	'01 %	'99 %	Trend
Alcohol and other drug use (continued)					
Used methamphetamines one or more times during their life	7.6	5.4	6.5	7.7	+
Used ecstasy one or more times during their life	NA	7.0	NA	NA	NA
Took steroid pills or shots without a doctor's prescription one or more times during their life	6.1	3.8	3.5	2.5	- ^c
Used a needle to inject any illegal drug into their body one or more times during their life	3.2	2.0	2.1	1.6	
Were offered, sold, or given an illegal drug on school property by someone during the past 12 months	28.7	30.4	34.8	36.3	+
Sexual behavior					
Had ever been taught about AIDS or HIV infection in school	87.9	84.6	88.0	90.6	-
Had ever talked about AIDS or HIV infection with their parents or other adults in their family	NA	41.9	NA	NA	NA
Had sexual intercourse	46.7	33.3	36.7	41.0	+
Had sexual intercourse for the first time before age 13	7.4	5.0	6.2	6.8	+
Had sexual intercourse with four or more people during their life	14.4	8.4	8.3	12.2	
Had sexual intercourse with one or more people during the past three months	34.3	22.7	22.4	28.5	
Have ever had sexual intercourse but have not had sexual intercourse during the past three months	NA	32.2	35.9	30.4	
Have never had sexual intercourse, had had sexual intercourse but not during the past 3 months, or had used a condom the last time they had sexual intercourse, past 3 months	NA	88.6	NA	NA	NA
Of students who had sexual intercourse during the past three months, drank alcohol or used drugs before last sexual intercourse	25.4	22.4	23.9	26.8	+
Of students who had sexual intercourse during the past three months, used a condom during last sexual intercourse	63.0	48.9	46.1	47.1	
Of students who had sexual intercourse during the past three months, used birth control pills during last sexual intercourse	17.0	15.5	17.7	18.1	-
Had been pregnant or gotten someone pregnant one or more times	4.2	3.5	4.3	5.7	+

^c -: Results have worsened across all three survey administrations

(table continues)

Table 3. (continued)

Health risk behavior	U.S.	Hawai'i			
	'03 %	'03 %	'01 %	'99 %	Trend
Dietary behavior					
Are at risk for becoming overweight	15.4	14.1	14.8	16.3	+
Are overweight	13.5	13.2	11.9	9.0	-
Described themselves as slightly or very overweight	29.6	32.2	33.1	33.5	+
Were trying to lose weight	43.8	48.6	48.3	47.1	-/+ ^d
Exercised to lose weight or to keep from gaining weight during the past 30 days	57.1	64.5	63.2	62.7	-/+
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days	42.2	38.3	38.5	40.3	-/+
Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days	13.3	11.5	11.9	11.8	
Took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days	9.2	7.2	8.1	7.2	
Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	6.0	5.8	5.2	4.7	-
Drank 100% fruit juice one or more times during the past seven days	81.8	70.4	69.9	71.1	
Ate fruit one or more times during the past seven days	85.2	84.5	85.6	88.8	-
Ate green salad one or more times during the past seven days	66.3	67.5	71.4	72.1	-
Ate potatoes one or more times during the past seven days	71.0	56.1	56.7	59.2	-
Ate carrots one or more times during the past seven days	48.0	54.4	55.2	59.7	-
Ate other vegetables one or more times during the past seven days	83.5	80.2	84.1	85.9	-
Ate five or more servings of fruits and vegetables per day during the past seven days	22.0	15.3	15.8	21.1	-
Drank three or more glasses of milk per day during the past seven days	17.1	9.8	11.2	15.4	-
Physical activity					
Exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days	62.6	59.2	56.8	64.0	
Participated in physical activities that did not make them sweat or breathe hard for at least 30 minutes on five or more of the past seven days	24.7	20.6	20.2	20.3	
Did exercises to strengthen or tone their muscles on three or more of the past seven days	51.9	47.1	46.4	51.1	

^d-/+ : Not clear if trend improved or worsened.

(table continues)

Table 3. (continued)

Health risk behavior	U.S.	Hawai'i			
	'03 %	'03 %	'01 %	'99 %	Trend
Physical activity (continued)					
Did not participate in at least 20 minutes of vigorous physical activity on three or more of the past seven days and did not do at least 30 minutes of moderate physical activity on five or more of the past seven days	33.4	36.7	38.8	NA	NA
Participated in no vigorous or moderate physical activity during the past seven days	11.5	10.8	11.7	NA	NA
Watched three or more hours of TV per day on an average school day	38.2	40.3	42.1	44.6	+
Attended physical education (PE) class one or more days during an average school week	55.7	37.2	34.8	41.9	
Attended physical education (PE) class daily	28.4	8.7	9.6	8.9	
Of students enrolled in physical education (PE) classes, those who exercised or played sports more than 20 minutes during an average physical education class	80.3	85.5	85.7	83.8	
Beliefs about school and self					
Parent/guardian asks them if they have gotten their homework done	NA	85.5	NA	NA	NA
Parent/guardian knows where they are and who they are with when they are not at home	NA	86.4	NA	NA	NA
Parent/guardian would know if they did not come home on time	NA	80.9	NA	NA	NA
Parent/guardian wants them to call if they are going to be late getting home	NA	90.6	NA	NA	NA
Rules in their family are clear	NA	84.9	NA	NA	NA
Family has clear rules about alcohol and drug use	NA	85.8	NA	NA	NA
Share their thoughts and feelings with their family	NA	54.1	NA	NA	NA
Enjoy spending time with their family	NA	83.3	NA	NA	NA
Felt that the school work they were assigned was almost always meaningful and important in the past year	NA	22.7	NA	NA	NA
Almost always enjoyed being in school in the past year	NA	27.0	NA	NA	NA
Never or rarely hated being in school in the past year	NA	37.2	NA	NA	NA
Almost always tried to do their best in school in the past year	NA	47.8	NA	NA	NA
Most of their classes are very interesting to them	NA	9.5	NA	NA	NA
Think the things they are learning in school are going to be very important for them later in life	NA	36.8	NA	NA	NA
There is at least one teacher in their school that they can go to if they have a problem	NA	70.4	NA	NA	NA

